

PERINATAL MOOD AND ANXIETY DISORDERS *RESOURCE DIRECTORY*



**YOU ARE NOT ALONE
YOU ARE NOT TO BLAME
YOU WILL FEEL BETTER AND
BE WELL WITH HELP**

**SUFFOLK COUNTY OFFICE OF WOMEN'S SERVICES
100 VETERANS MEMORIAL HWY
3RD FLOOR, DENNISON BUILDING
P.O. BOX 1600
HAUPPAUGE, NY 11788**



What are Perinatal Mood and Anxiety Disorders?

Perinatal Mood and Anxiety Disorders is a general term used to describe a wide range of mood disorders a woman can experience during and after the birth of a baby.

Causes of Perinatal Mood and Anxiety Disorders

Researchers are still unsure of what exactly causes Perinatal Mood and Anxiety Disorders. It is most likely caused by a number of factors that vary from individual to individual. Some factors believed to contribute to Perinatal Mood & Anxiety Disorders are:

- Previous pregnancy or postpartum depression/anxiety
- A family history of depression/anxiety
- Psychological stresses of new motherhood
- Dramatic changes in hormone levels
- Marital/relationship conflict

Symptoms

Perinatal Mood and Anxiety Disorders is a real illness that affects up to one in every ten women during pregnancy and one in every five women after birth. Symptoms may include:

- Crying
- Sleep problems
- Appetite disturbances
- Anxiety
- Loss of enjoyment of activities
- Poor fetal attachment
- Fear of harming baby or yourself

One or two mothers in 1,000 will suffer a rare and severe condition called *Postpartum Psychosis*. Symptoms may include:

- Confusion
- Seeing things and/or hearing things that are not there
- Being distrustful and afraid of others.

Postpartum psychosis is a medical emergency. If you or someone you know may be experiencing these symptoms, seek medical help immediately.*

Seeking Help

Perinatal Mood and Anxiety Disorders are treatable. If you believe you are suffering from a Perinatal Mood and Anxiety Disorder, seek help. Call your healthcare provider, and use the resources listed in this directory.

Crisis & Emergency Resources

If you have thoughts or are planning to harm yourself, your baby, or others, call your healthcare provider, dial 911, or go to the nearest hospital Emergency Room.

SUFFOLK COUNTY CRISIS RESPONSE

631-952-3333

- **DASH (Diagnostic, Assessment & Stabilization Hub)**
90 Adams Ave., Hauppauge, NY
A 24 hour, 7 days per week, walk-in crisis center. Provides crisis management, mental health evaluation, and linkage to long term service
- **MOBILE RESPONSE UNIT**
Where appropriate, a mobile response team may be dispatched for an in-home visit. Provides assessment, crisis management and links to care

CPEP (Comprehensive Psychiatric Emergency Program) **631-444-6050**

Telephone Helplines, Hotlines, Referral information

Postpartum Resource Center of New York 631-422-2255 Toll-free 855-631-0001

Helpline providing free, confidential emotional support including Moms on Call and family telephone support; educational information; healthcare & support resources for those at risk or experiencing depression or anxiety during or after pregnancy. (Hablamos Espanol)

Website: www.postpartumny.org For Spanish: www.pospartony.org

National Suicide Prevention Lifeline - 800-273-TALK (8255)

Response Crisis Hotline - 631-751-7500

Association for Mental Health & Wellness - 631-226-3900

Support Groups

Mothers' Circle of Hope

Free Pregnancy & Postpartum Depression/Anxiety Support Groups
Good Samaritan Hospital Medical Center - 631-376-HOPE
Saint Catherine of Siena Medical Center 631-862-3330

Perinatal Mood and Anxiety Disorders Support Groups

Hosted by Jennifer L. Giordano, MS, APRN, FNP, IBCLC— 631-255-8234

Children & Parents Together Program (CAPT) - Family Service League

Free Support Groups for parents experiencing mental health challenges
FSL in Bay Shore — 631-647-3100 (care provided for preschool children, no fee)

Circle of Caring:

Free Pregnancy & Postpartum Depression/Anxiety Support Group
Brighter Tomorrows - 631-395-1800 ext. 106

Counseling agencies

Suffolk County Mental Health Clinics:

Brentwood – 631-853-7300
Farmingville – 631-854-2552

Catholic Charities

Bay Shore – 631-665-6707
Medford – 631- 654-1919

Family Service League:

Bay Shore — 631-647-3100
Central Islip — 631-663-4300
East Hampton — 631-324-3344
Huntington — 631-369-2300
Mastic — 631-924-3741
Mattituck — 631-298-8642
Riverhead — 631-369-0104
Westhampton Beach — 631-288-1954

Federation of Organizations

Wyandanch — 631-782-6200

New Horizon Counseling Center

Copiague – 631-257-5173
Smithtown – 631-656-9550

Parientes - bilingual staff

Bay Shore – 631-665-0229

Additional Support/Resources

SCDHS — Maternal and Infant Community Health Collaborative

631-854-4023 | healthybabyandme.org

Free and confidential home visiting services for child-bearing age women and their children, residing in 12 zip codes in southwestern Suffolk County. Offers linkages to medical care, community resources, benefit programs, and health education.

Suffolk County Department of Health Services — Office of Minority Health

631-854-0378 | omh@suffolkcountyny.gov

Addresses health disparities and inequities for racial and ethnic minorities in Suffolk County through collaboration and program creation to improve health outcomes.

Sun River Health (formerly HRHCare) Federally Qualified Health Centers

1 844-400-1975 | www.sunriver.org - Multiple Suffolk County locations

Offers medical, dental & behavioral health services, sliding scale, multilingual staff.

FSL— Healthy Families of Suffolk Home Visiting Program 631-647-6635

Free, confidential home visiting services for women who are expecting or have a baby under 3 months. Serve Amityville, Bay Shore, Brentwood, CI, Copiague & Wyandanch

Long Island Doula Association 631-574-2205 | www.lidoulas.com

Doulas advise, inform, and offer emotional and physical comfort to mothers before, during, and after birth of child. “Families in Crisis Fund” may be available if financial hardship.

Help Me Grow - Long Island www.helpmegrowny.org

Free resource connecting families and providers to community resources and child development information. Bilingual Family Resource Specialist at 516-548-8924